

TRICARE BENEFICIARY BULLETIN – AUGUST 10, 2012 – 592 WORDS

LEAD MUSIC (:03)

THIS IS THE TRICARE BENEFICIARY BULLETIN, AN UPDATE ON THE LATEST NEWS TO HELP YOU MAKE THE BEST USE OF YOUR TRICARE BENEFIT. I'M AUSTIN CAMACHO. (:10)

FIRST UP: LORRAINE CWIEKA REPORTS ENSURING ACCURACY WHEN USING HOME DELIVERY.

BENEFICIARIES WHO USE TRICARE PHARMACY HOME DELIVERY NOT ONLY SAVE MONEY BUT ALSO RECEIVE PRESCRIPTION MEDICATIONS CONVENIENTLY AT THEIR DOOR. HOWEVER, THERE ARE TIMES WHEN A PRESCRIPTION CAN'T BE FILLED AND THE ORDER MUST BE RETURNED TO THE PROVIDER OR BENEFICIARY.

THE MAIN REASON FOR RETURNED PRESCRIPTIONS IS MISSING INFORMATION LIKE DATE OF BIRTH OR ADDRESS, REQUIRING CLARIFICATION FROM THE BENEFICIARY OR PHYSICIAN. IF ANY INFORMATION IS MISSING EXPRESS SCRIPTS WILL CONTACT THE PRESCRIBER AND BENEFICIARY TO GET THE INFORMATION BEFORE RETURNING THE PRESCRIPTION. PRESCRIPTIONS CAN ALSO BE RETURNED OR DENIED IF THE MEDICATION IS NOT COVERED.

HERE ARE SOME SUGGESTIONS TO HELP AVOID HAVING A PRESCRIPTION
RETURNED:

- ASK THE PHYSICIAN TO SEND PRESCRIPTIONS ELECTRONICALLY TO TRICARE PHARMACY HOME DELIVERY.
- IF SUBMITTING A PRESCRIPTION BY MAIL, MAKE SURE THE PATIENT'S NAME, DATE OF BIRTH, MAILING ADDRESS AND THE SPONSOR'S SOCIAL SECURITY NUMBER OR DOD BENEFITS NUMBER IS CLEARLY WRITTEN ON THE BACK OF THE PRESCRIPTION.
- IF A BENEFICIARY RECEIVES AS MESSAGE FROM EXPRESS SCRIPTS ABOUT THEIR PRESCRIPTION, THEY SHOULD CONTACT EXPRESS SCRIPTS AS SOON AS POSSIBLE TO FIND OUT WHAT IS NEEDED TO GET THEIR PRESCRIPTION FILLED.

FOR MORE INFORMATION ON TRICARE PHARMACY HOME DELIVERY VISIT
TRICARE.MIL/HOMEDELIVERY OR THE EXPRESS SCRIPTS WEBSITE AT EXPRESS-
SCRIPTS.COM/TRICARE.

FOR TRICARE MANAGEMENT ACTIVITY, I'M LORRAINE CWIEKA.

NEXT: ANNEMARIE FELICIO REPORTS ON ELECTRONIC HEALTH RECORDS.

HEALTH PROFESSIONALS HAVE LONG KNOWN THE PROMISE OF ELECTRONIC HEALTH RECORDS. FOR OVER TWO DECADES, THE DEFENSE DEPARTMENT AND THE DEPARTMENT OF VETERANS AFFAIRS HAVE BEEN WORKING TOGETHER TO APPLY THE BENEFITS OF THIS FAST EVOLVING TECHNOLOGY.

THE DOD/VA INTERAGENCY PROGRAM OFFICE IS RESPONSIBLE FOR IMPLEMENTING AN INTEGRATED ELECTRONIC HEALTH RECORD, OR IEHR, FOR THE DOD AND VA. WHEN OPERATIONAL, THE IEHR WILL FOLLOW YOU FROM THE FIRST DAY OF YOUR MILITARY CAREER, THROUGHOUT YOUR LIFETIME AND WILL ENSURE THE SEAMLESS TRANSITION OF CARE WHEN YOU GO FROM ACTIVE DUTY TO VETERAN STATUS.

YOUR COMPLETE MEDICAL RECORD WILL FOLLOW YOU WHEN YOU MOVE, SWITCH MEDICAL PROVIDERS OR NEED EMERGENCY CARE WHILE TRAVELING. YOUR FAMILY MEDICAL HISTORY AND MEDICAL ALLERGIES WILL BE IMMEDIATELY AVAILABLE TO EVERY DOCTOR OR NURSE WHO TREATS YOU WITHIN DOD AND VA HEALTH SYSTEMS. WITH THE ABILITY TO VIEW CONSISTENT AND COMPREHENSIVE PATIENT DATA, MEDICAL PROVIDERS WILL BE ABLE TO GIVE YOU BETTER CARE.

FOR MORE INFORMATION ABOUT THE DOD/VA IPO, VISIT TRICARE.MIL/TMA/IPO.

FOR TRICARE MANAGEMENT ACTIVITY, I'M ANNEMARIE FELICIO.

BRUSHING YOUR TEETH IS AN IMPORTANT PART OF GOOD ORAL CARE, BUT IT IS POSSIBLE TO OVERDO IT. BRUSHING TOO OFTEN, TOO LONG OR TOO VIGOROUSLY CAN LEAD TO TOOTH AND GUM SENSITIVITY, LOSS OF TOOTH ENAMEL AND GUM EROSION. THESE CONDITIONS CAN BE PERMANENT AND MAY LEAD TO MORE SERIOUS DENTAL ISSUES.

THE PEOPLE WHO ARE MOST LIKELY TO OVERBRUSH ARE THOSE WHO USE MEDIUM- OR HARD-BRISTLED TOOTHBRUSHES. OTHER FACTORS, SUCH AS A GENETIC PREDISPOSITION TO RECEDING GUMS, CLENCHING OR GRINDING YOUR TEETH OR HAVING HAD YOUR TEETH STRAIGHTENED WITH BRACES, CAN INCREASE YOUR RISK FOR DAMAGE FROM OVERBRUSHING AS WELL. DENTISTS RECOMMEND THAT YOU BRUSH YOUR TEETH FOR TWO TO THREE MINUTES TO GET THE MOST THOROUGH CLEANING. THE FOLLOWING TIPS WILL HELP YOU BRUSH YOUR TEETH CORRECTLY:

- USE A SOFT-BRISTLED TOOTHBRUSH TO PREVENT GUM DAMAGE AND WEAR ON YOUR TEETH'S OUTER LAYERS.
- PLACE THE HEAD OF YOUR TOOTHBRUSH WITH THE TIPS OF THE BRISTLES AT A 45-DEGREE-ANGLE TO THE GUMLINE WHEN BRUSHING AND

- APPLY JUST ENOUGH PRESSURE TO FEEL THE BRISTLES AGAINST THE GUMS. IF YOU ARE FLATTENING THE BRISTLES, YOU ARE BRUSHING TOO HARD.

TO ENSURE THE HEALTH OF YOUR TEETH, BE SURE TO VISIT YOUR DENTIST EVERY SIX MONTHS!

VISIT TRICARE.MIL/TDP FOR INFORMATION ABOUT DENTAL BENEFIT'S UNDER THE TRICARE DENTAL PROGRAM.

AND THAT'S TODAY'S TRICARE BENEFICIARY BULLETIN. WE'LL HAVE MORE NEWS YOU CAN USE NEXT WEEK. (:03)

TAIL MUSIC (:03)